

Limbow

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Kate Sala (UK)
音樂: Back to the Limbo - ABS



STEP RIGHT, TOUCH, KICK BALL CROSS, FULL PADDLE TURN LEFT

- 1-2 Step right to right side, slide left in next to right (keeping weight on right)
3&4 Kick left to left diagonal, step on ball of left in place, cross step right over left
5-8 Step left to left side with $\frac{1}{4}$ turn left, paddle $\frac{3}{4}$ turn left (keeping weight on left) touching right toe to right side 3 times

At the beginning of the 4th wall dance the above 8 counts and then start again from the beginning of the dance

CROSS, BACK, CHASSE, CROSS, FULL UNWIND, SIDE ROCK & CROSS

- 1-2 Cross step right over left, step back on left
3&4 Step right to right side, step left next to right, step right to right side
5-6 Cross step left over right, full unwind right, (weight remaining on left)
7&8 Side rock right, recover weight to left, cross step right over left

SIDE STEP, BACK ROCK, SIDE STEP, BACK ROCK, SIDE STEP, HEEL LIFTS

- 1-2-3 Step left to left side, cross rock back on right, rock forward on to left
4-5-6 Step right to right side, cross rock back on left, rock forward on to right
7&8 Small step left to left side, raise heels bending both knees, lower heels

CROSS ROCK BEHIND, CHASSE $\frac{1}{4}$ TURN LEFT, STEP PIVOT $\frac{1}{2}$ LEFT, FULL TURN LEFT

- 1-2 Cross rock back on left, rock forward on right
3&4 Step left to left side, step right next to left, step left to left side with $\frac{1}{4}$ turn left
5-6 Step forward on right, pivot $\frac{1}{2}$ turn left
7-8 Full turn left traveling forward on right, left

ROCK FORWARD, RECOVER, SAILOR STEP, SAILOR $\frac{1}{2}$ LEFT, STEP $\frac{1}{2}$ PIVOT

- 1-2 Rock forward on right, rock back on left
3&4 Cross step right behind left, step left to left side, step right in place
5&6 Cross step left behind right, turn $\frac{1}{2}$ left stepping right in place, small step forward on left
7-8 Step forward on right, pivot $\frac{1}{2}$ turn left

BODY ROCK FORWARD, BACK TWICE, SHUFFLE BACK, COASTER STEP

- 1-2-3-4 Rock forward on right, recover back on to left, repeat
5&6 Step back on right, step left next to right, step back on right
7&8 Step back on left, step right next to left, step forward on left

STEP FORWARD, HOLD, & STEP FORWARD, TOUCH, KICK, COASTER STEP, SIDE TOUCH

- 1-2&3 Step forward on right, hold, step left next to right, step forward on right
4-5 Touch left next to right, kick left forward
6&7-8 Step back on left, step right next to left, step forward on left, touch right to right side

CROSS, SIDE, SAILOR STEP, CROSS, TURN $\frac{1}{4}$ LEFT, TRIPLE $\frac{3}{4}$ LEFT

- 1-2 Cross step right over left, step left to left side
3&4 Cross step right behind left, step left to left side, step right to right side
5-6 Cross step left over right, turn $\frac{1}{4}$ left stepping back on right
7&8 Triple step $\frac{3}{4}$ turn left

REPEAT
